

WORKPLACE WELLNESS

Physical Well-Being

GOAL: Help FBLA members know the importance of a physical lifestyle and apply the concepts of physical well-being to their daily lives and the community.

COMPLETION:

- Complete all required activities and at least two extra events from each of the seven categories.
- All activities must be completed this FBLA calendar year.
- You must use the project template provided to complete your project
- Check with your adviser to see if they have an earlier "due to them" date .
1 PDF file per member (including
- project files and photos)
Submit to your adviser upon
- completion.

SUBMISSION:

- On or before March 24, 2023 Advisers:
- submit via email to
InlandWellness@cafbla.org
- Combine **All** student entries into one PDF, with a typed cover page listing all participating members Do NOT send
- links to shared folders
Do NOT send from generic chapter emails

QUESTIONS?

David Sung, Inland Section VP of Programs
dsung@cafbla.org

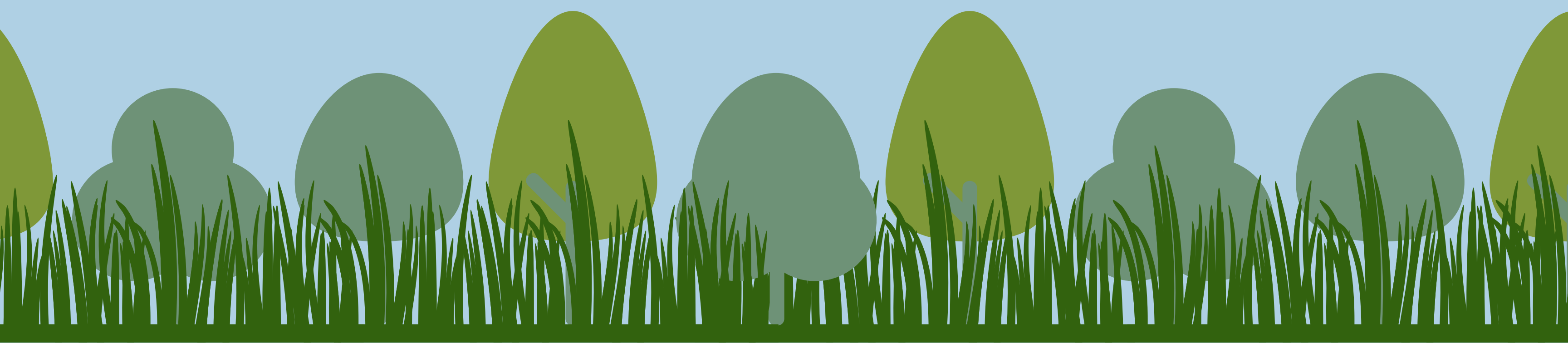


WORKPLACE WELLNESS

Physical Well-Being

Project Guide

1. Open the Physical Well-Being document from the CAFBLA website (Inland tab)
2. Go to tinyurl.com/physicalwellbeingtemplate to make a copy of the project template
3. Upload all responses and pictures into appropriate grids on the activity log (Add/delete rows as necessary)
4. Complete all required activities and two activities from each category to get a total of 21 activities
5. Submit to your adviser!



ACTIVITIES

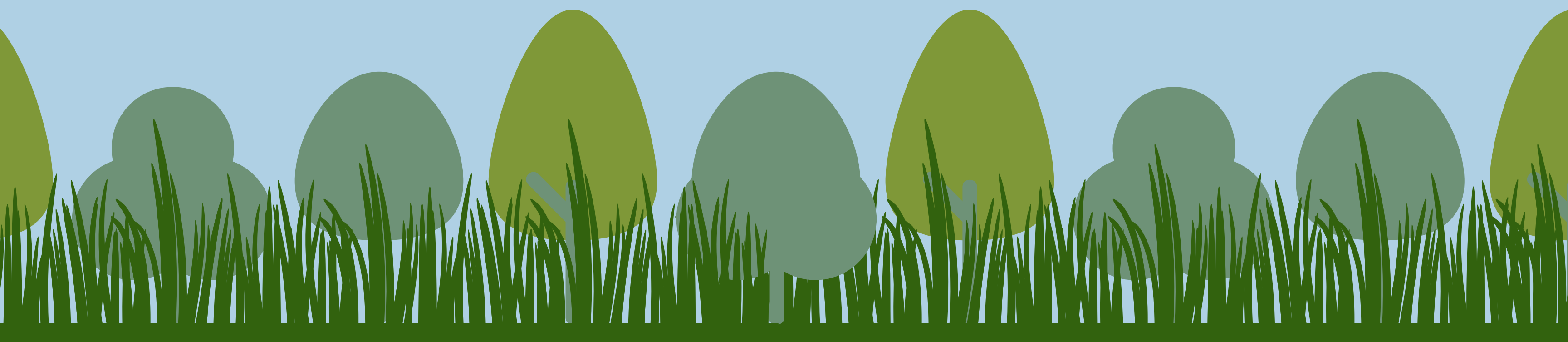
Medical:

- **Required**: Interview a doctor/physician's assistant/nurse practitioner regarding the value of an annual physical (½ page report)
- **Complete TWO of any of the following activities**
 - Compare and contrast 3 different methods for determining your BMI. (Research/infographic)
 - Create a presentation about diabetes/heart disease prevention and present at a local chapter meeting. (Research/Presentation)
 - Take the Noom app personality quiz and implement the growth opportunities given to you. (Pictures of result/Report of applications)
 - Meet with your school nurse and find out the most common reason for student visits. (Interview, ½ page report)
 - Take an online CPR class and get certified. (Certification Card)



Dental:

- **Required**: Call a college and ask specific questions about the dental program. (Action, ½ page Report)
- **Complete TWO of any of the following activities:**
 - Research the health benefits of getting braces (Research, ½ page report)
 - Job shadow a dentist for one day and write a report on how a dental business runs. (Action)
 - Get a dental check-up. (Action)
 - Interview a dentist/dental student about the steps they took to get to where they are. (Action, ½ page Report)
 - Prepare a presentation of the most effective ways to prevent oral disease and present them at a local chapter meeting. (Action, Presentation)



ACTIVITIES

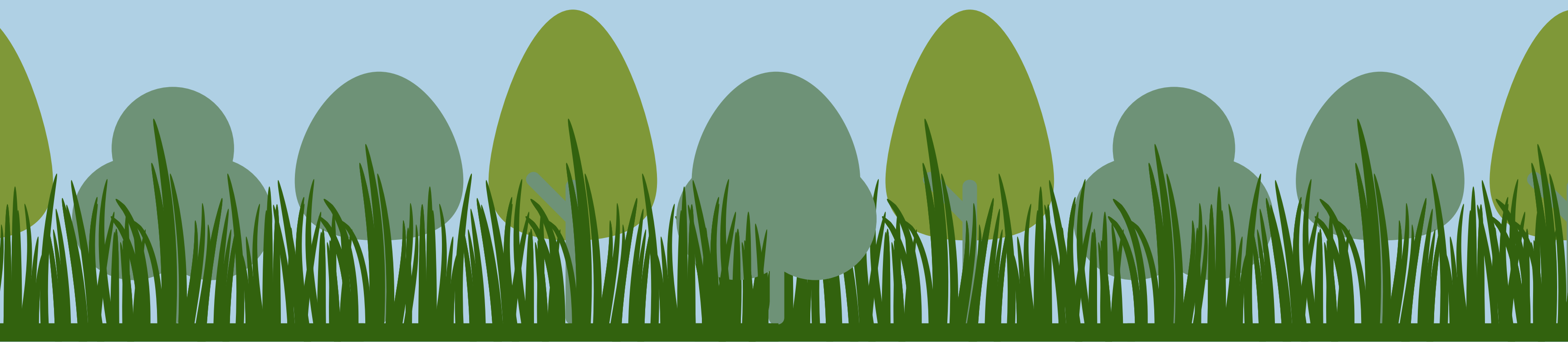
Eye Sight:

- **Required:** Research hazards related to visual safety and create a new product to solve one of these hazards. (Research/½ page Report)
- **Complete TWO of any of the following activities:**
 - Wear a pair of blue light glasses for a week and explain the health benefits of doing so. (Action, ½ page Report, Picture)
 - Research simple eye exercises and the benefits of doing them when looking at a screen for too long. (Research, Picture/Video)
 - Explore the health benefits/hazards of getting Lasik surgery. (Research, ½ page Report)
 - Interview an optometrist and evaluate the value of getting eye exams regularly. (Research, ½ page Report)
 - Get an eye exam - how often should you get an exam? (Action, ½ page Report)



Physical Activity:

- **Required:** Participate in a cost-free sporting/physical activity in your local community. (Action, pictures)
- **Complete TWO of any of the following activities:**
 - Interview a student-athlete on the health benefits of their sport and the effective way to balance physical activity/schoolwork. (Action, ½ page Report)
 - Go hiking with friends. Take pictures of the location and trail map and you hiking. (Action, pictures)
 - Take a dog for a mile walk, track on mapmyrun or other apps. (Action, Picture)
 - Research the benefits of taking the stairs vs an elevator/escalator. (Research, ½ page Report)
 - Participate in a charity walk. (Action, Pictures)



ACTIVITIES

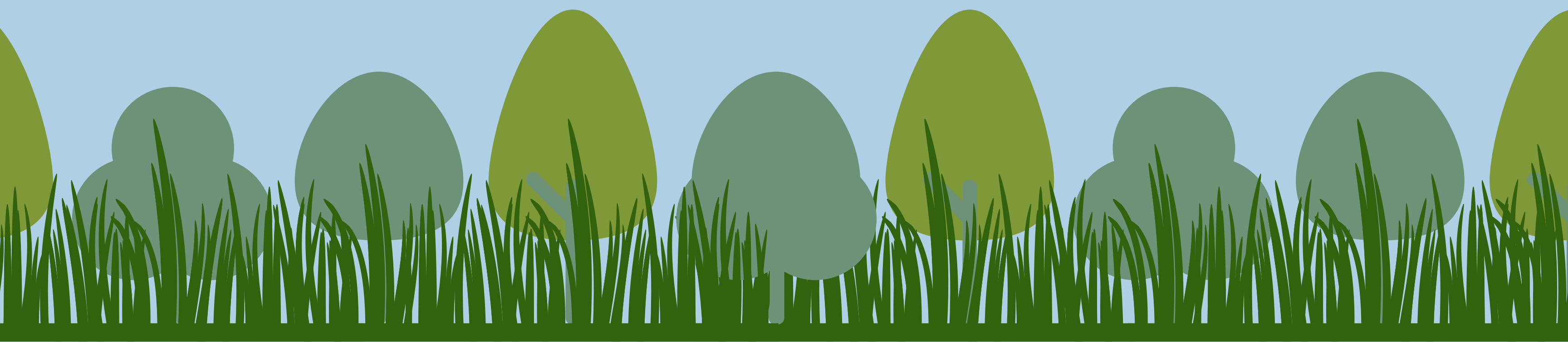
Healthy Diets:

- **Required:** Interview a person who works regarding their personal challenges for eating healthy at work. (Interview, ½ page Report)
- **Complete TWO of any of the following activities:**
 - Keep a diet journal for one week and reflect on some bad habits you noticed. (Action, ½ page report)
 - Find healthy alternatives for junk food and substitute them. (Action, Picture)
 - List 3 challenges for eating healthy in the workplace and viable healthy alternatives. (Research, Infographic)
 - Interview a vegetarian and write about the health benefits of becoming a vegetarian. (Interview, ½ page Report)
 - Create a slideshow and present at a local chapter meeting the benefits of eating healthy. (Action, Picture)



Making Physical Health a Habit:

- **Required:** Write a report on the dangers of "processed foods". (Research, Report)
- **Complete TWO of any of the following activities:**
 - Interview a nutritionist and label some of the key figures in nutrition. (Interview, ½ page report)
 - Create a healthy one-day menu and eat each of the foods you wrote down for the day. (Action, picture)
 - Create a 7-day time schedule to improve and have better Sleep, and explain the value. (½ page Report, Action)
 - Research and write a report on the dangers of vaping and smoking. (Research, ½ page Report)
 - Go to the gym three separate times and explain the muscle groups you worked out. (Action, ½ page Report)



ACTIVITIES

Workplace:

- **Required**: Research the cost impact of poor physical health in the workplace. (Research, ½ page Report)
- **Complete TWO of any of the following activities**:
 - Make a daily schedule that includes a healthy diet and physical activity and live it out for a week, writing a reflection at the end of it. (Research, ½ page Report)
 - Create three solutions for the workplace enabling employees to have healthier meals while working. Explain each. (Research, Infographic)
 - Interview a working person with regards to how they stay physically active while at work, and not sitting all day. (Action, ½ page report)
 - Bring your own healthy lunch to school or work. (Action, picture)
 - Present at a local chapter meeting on ways you can stay healthy in the workplace. (Action, Presentation)

